KNOX GELATINE

Desserts
Salads
Candies, and
Frozen Dishes

SETTING THE TABLE

The keynote of attractive decoration for the table is simplicity. Candles alone or in combination with a centerpiece of flowers or fruit may be used with good effect.

It is good form to have a plate before each guest until the table is cleared for dessert. This is called a service plate. Upon this service plate are placed dishes containing the first courses of the meal, such as fruit, oysters and soup. It is not removed until it is exchanged for the first hot course after the soup. The charm of the table depends on the orderly arrangement of the silver, glasses and china. All flat silver is laid in order of its use. The knives are placed to the right with the cutting edge toward the plate. The spoons to the right with the bowls up. Forks are placed to the left with the tines up, with the exception of the oyster and cocktail forks, which are placed to the right.

The bread and butter plates, when used, are placed at the tips of the forks. Glasses are placed at the right side at the tip of the knife. Tea and coffee spoons are laid across the side of the saucers. The bread and butter spreader is placed across the rim of the bread and butter plate, the handle pointing diagonally toward the service plate. The napkin is placed to the left of the cover. The finger bowl is usually brought in on a plate on which there is a doily and placed directly in front of the guest after the last course. Another method is to place the doily and finger bowl on the dessert plate, and the guest removes the doily and finger bowl to the table before the dessert is passed.

KNOX *Sparkling* GELATINE

THIS NEW BOOK is dedicated to the IMPROVED PACKAGE of Knox Sparkling Gelatine with its 4 convenient, ready-measured envelopes of gelatine, each making one pint of jelly. It contains not only the latest recipes for Plain and Fancy Desserts and Salads, but also Mechanical Refrigerator recipes, dishes for Convalescents, Children's Parties and other Special Occasions.

Any recipe in this book may be doubled or increased for any desired number of servings.

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Perfection Salad

Recipe Page 11

Foreword . . .

TOO much attention can scarcely be paid to the appearance of the food brought to our table. At the beginning of a meal, when people are hungry, they are less critical of the food set before them than when the salad and dessert appear, for they must be attractive to the eye and light in character—in contrast to the substantial dishes that have preceded them. All this is possible in salads and desserts made with Knox Sparkling Gelatine.

The choice of fruits and vegetables (fresh or canned) and all foods that combine so perfectly with Knox Sparkling Gelatine not only appeal to the imagination and fancy but have nutritive and vitamin value

Cream. The liquid quantities in the recipes shown in this book are based on Wine Measurement (U. S. Standard) and are correct. However, in some countries where the Imperial or Metric System is used (a quart of which measures more than one quart Wine Measure), this should be taken into consideration and less water or more gelatine used.

Directions for Using Knox Sparkling Gelatine in its Quick Dissolving and Quick Setting Way

1. Place cold water or other liquid called for in recipe in bowl and sprinkle gelatine on top of liquid.

2. Add sugar and hot liquids and stir until dissolved.

3. Add remaining liquids and mix thoroughly.

4. If sliced or chopped fruits or vegetables are to be added and no special design is desired, allow mixture to thicken slightly and stir the prepared food through the congealing jelly.

5. Pour into a mold which has been rinsed in cold water and set in a cool place or refrigerator to stiffen.

6. To congeal or set Knox Sparkling Gelatine salads and desserts quickly, make the base as follows: To one-fourth cup cold water add the gelatine. Then add one cup hot water or liquid and stir until dissolved. Now add one-half cup cold or ice water and proceed according to the recipe. Put the finished mixture into small molds and set them in a pan with ice underneath the pan, around the sides of it and on top of the cover over the congealing jelly, not allowing any water to get into the pan of jelly. It is surprising the very short time it takes the jelly to congeal in this way—it can be served in about half an hour.

7. To unmold. Immerse mold just to the top for a second in warm water—or wrap a hot cloth about mold, slightly loosen jelly at the edge, turning mold from side to side, then place serving dish on top of mold, invert, and carefully remove mold.

In order to utilize any fruit juices (fresh or canned) you may have on hand, the gelatine may be soaked in cold fruit juices, or these fruit juices may be heated and substituted for the hot water in which the soaked gelatine is dissolved.

GELATINE HINTS

Always use a real orange and lemon in making your desserts and salads, and take advantage of the pure health-giving vitamins that fresh fruits contain.

Electric Refrigerators—Ices and sherbets may be chilled or frozen more satisfactorily in the trays with the addition of Knox Sparkling Gelatine.

If you wish to combine fresh pineapple with gelatine, always first scald the pineapple, both fruit and juice. When using canned pineapple, this is not necessary, as the pineapple has already been cooked.

Jelled desserts and salads are a great help to the busy housekeeper, as they may be prepared hours before needed, or even the day before, and when guests arrive there is no last-minute hurrying.

Instead of making fruit jellies during the hot summer months, can the juice, with or without sugar. Then during the winter months, make gelatine jellies as you need them.

Melted ice cream should never be thrown away. Stiffen it with gelatine, using one envelope of dissolved gelatine to a pint of cream. Chocolate, Strawberry, Coffee, and Pistachio are especially delicious. Chopped raisins, dates, nuts, cherries or marshmallows make an excellent combination.

Use left-over coffee for a Coffee Jelly, Coffee Spanish Cream or Mocha Sponge.

Cream puffs and eclairs may be filled with Bavarian Cream. Filling should be put in just before serving that the crust may remain crisp. These are very effective when filled with Strawberry Bavarian Cream and garnished with a few whole berries.

When there are odds and ends of food left over use them up in combinations with gelatine dishes and show real economy in the household. Our book, "Food Economy," directs you in their use.

Gelatine will harden much quicker if put in several small molds than in one large one. In summer, without ice, it is sometimes necessary to increase the amount of gelatine or decrease the liquid specified.

A cook sometimes experiences some difficulty in adapting a recipe to the needs of one person. For one-half pint of jelly, allow one-half envelope gelatine. Sprinkle gelatine on the cold liquid and add the remainder of the liquid hot. Sweeten to taste.

Occasionally when using less than a full envelope of gelatine, you can always put the remainder of the gelatine to very good use—for cake icings, for whipping evaporated milk, for mayonnaise and cooked dressings, for frozen dishes, and in various other ways.

JELLIED SOUP (6 servings)

Prepare same as for Aspic Jelly, page 71, using four cups soup stock instead of three and one-half cups. Use chicken or veal for light colored soups, or for a richer soup, brown or beef stock. It must be a delicate jelly and not as firm as the aspic. Season very highly. Add a few cooked vegetables if desired, such as peas or tiny cubes of carrot with or without a little minced pepper. Turn into bouillon cups, and just before serving beat slightly with a fork. A clear jellied tomato bouillon is prepared in like manner, equal quantities of broth and strained tomato being especially good. Serve with a garnish of parsley or cress. It will not be necessary to clarify the canned broths and consommés with egg whites. One bouillon cube to one cup of boiling water will make a cup of stock.

MUSHROOM BROTH (6 servings)

2 envelopes Knox Sparkling Gelatine
½ cup cold water
4 cups stock
½ cup mushrooms, broken in pieces
½ onion, thinly sliced
½ stalk celery, cut in small pieces
½ teaspoonful salt
Few grains pepper
2 cloves

Use preferably chicken stock, but beef stock, canned soup or stock made with bouillon cubes may be used. Put stock, mushrooms and seasonings in saucepan and boil slowly ten minutes. Pour cold water in bowl and sprinkle gelatine on top of water. Add gelatine to hot stock and stir until dissolved. Strain into bouillon cups and chill. Serve with a spoonful whipped cream on each. (Use one bouillon cube to one cup water for stock.)

TOMATO SOUP (6 servings)

2 envelopes Knox Sparkling Gelatine
½ cup cold water
3½ cups meat stock
canned broth, soup or bouillon cubes may be used
1 cup tomatoes
2 tablespoonfuls onion, chopped
2 tablespoonfuls parsley, chopped
1 teaspoonful salt
2 cloves

Put stock, tomatoes, onion, parsley, cloves and salt in saucepan and simmer until onion is tender. (Stock may be made by dissolving two and one-half bouillon cubes in two and one-half cups boiling water.) Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot soup and stir thoroughly. Strain, rubbing vegetables through sieve. Measure, add hot water to make four cups. Heat to boiling and serve hot. The addition of the gelatine will give body and consistency. Or soup may be poured into bouillon cups and chilled thoroughly.

ASPIC JELLY (6 servings)

1 envelope Knox Sparkling Gelatine
1½ cups well-strained soup stock — Rind of one lemon (grated)
2 tablespoonfuls lemon juice — 1 tablespoonful onion juice, if desired
½ teaspoonful paprika
1 egg white

Pour one-half cup stock in bowl and sprinkle gelatine on top of stock—stir thoroughly. Add remaining stock, which has been heated and to which has been added the lemon juice and rind, paprika and more seasonings, if necessary. Add egg whites, slightly beaten. Stir constantly and boil for five minutes. Cool, strain through double cheese cloth and chill. Canned broths and soups or bouillon cubes may be used. Meat, fish or vegetables may be molded in the aspic and served as an entree or a salad. Cut in fancy shapes, aspic is used as a garnish; when it is used as a glossy coating for meats, fish and eggs.

NOTE: For a Tomato Aspic jelly use 1 cups tomato juice and one and one-half cups stock and make according to the above recipe.

COLD SLICED MEAT IN ASPIC (6 servings)

1 envelope Knox Sparkling Gelatine
½ cup cold water — 1 cooked ham, sliced
1½ cups consommé, highly seasoned — 1 hard-cooked egg, sliced
½ cup cooked peas — Slices of ham
Slices of chicken or veal

Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot consommé and stir until dissolved. Pour a thin layer into a mold that has been rinsed in cold water. When it stiffens, arrange on it decorations of the peas, ham, and egg. Cover with a little more of the gelatine mixture which has been allowed to stiffen slightly. Dip other pieces of the decorations in the aspic and set them against the chilled sides of the mold. When these have stiffened, fill mold alternately with slices of the ham, chicken and thickening aspic. When firm, unmold on a bed of lettuce leaves. Garnish with radish roses. Slice for serving.

EGGS AND VEGETABLES IN ASPIC (6 servings)

1 envelope Knox Sparkling Gelatine
½ cup cold water — 2 hard-cooked eggs
2 cups consommé — ½ cup cooked peas
½ cup strained tomato juice — 1 small tomato
½ cup asparagus tips

Pour cold water in bowl and sprinkle gelatine on top of water. Scald tomato juice and consommé and add softened gelatine, stirring until dissolved. Pour about half an inch layer into a mold, that has been rinsed in cold water. Stand mold in crushed ice and salt, and when aspic is firm, arrange peas about the edge and asparagus tips upright around the sides. Arrange slices of eggs and tomato in the center, and when remaining aspic begins to stiffen, arrange alternating layers of vegetables, eggs and aspic. Chill, and when firm unmold on a bed of lettuce. Instead of the consommé, a stock may be made by dissolving one bouillon cube in one cup boiling water.

MEAT LOAF (6 servings)

1 envelope Knox Sparkling Gelatine
½ cup cold water
2 cups stock, well seasoned
½ onion, grated and sliced
2 stalk celery, chopped
1 tablespoonful lemon juice
½ teaspoonful salt
1 teaspoonful finely chopped parsley
2 cups chopped cold cooked chicken, veal, lamb, beef or ham
½ cup cooked potatoes, cut in dice strips

Add onion, celery and salt to stock, bring to a boiling point and boil three minutes. Strain. Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot mixture and stir until dissolved. Add lemon juice and cool. When mixture begins to thicken, add meat, potatoes and parsley. Turn into a mold that has been rinsed in cold water, and chill. To serve, unmold and cut in slices. Canned soup, broth or bouillon cubes may be used to make stock (use one bouillon cube to one cup water to make one cup stock).

If beef is used, season with a tablespoonful Worcestershire sauce and one lemon juice. Use the lemon juice with veal, garnishing with sliced cooked eggs and sliced tomatoes. Lamb may be used, seasoning with a little minced mint. Garnish with lettuce, green peppers, asparagus tips dipped in French dressing, or with small stuffed tomatoes. With ham, less salt is required.

JELLIED CHICKEN AND VEGETABLES (6 servings)

1 envelope Knox Sparkling Gelatine
½ cup cold water or stock
1½ cups hot chicken stock (canned broth or soup may be used)
½ teaspoonful salt
1 cup chicken, sliced or chopped
1 cup vegetables, cooked peas, string beans, beets, carrots, asparagus, etc.
½ pimiento or green pepper

Pour cold water in bowl and sprinkle gelatine on top of water. Add to hot stock and stir until dissolved. Add salt and cool. Rinse a square mold in cold water, pour in a thin layer of the liquid jelly, let stiffen slightly and decorate with peppers and other vegetables. Arrange the thickening jelly, chicken and vegetables in layers and chill. Unmold on a bed of lettuce leaves and garnish with parsley and salad dressing.

A meat and vegetable dish in one.

HAM MOUSSE (6 servings)

1 envelope Knox Sparkling Gelatine
¼ cup cold water
¼ cup hot water
2 cups chopped cold boiled ham
½ cup cream or evaporated milk (whipped)
1 teaspoonful mixed mustard
½ teaspoonful paprika

Pour cold water in bowl and sprinkle gelatine on top of water. Add hot water and stir until dissolved. Cool and add to chopped ham, add mustard, paprika, and whipped cream or whipped evaporated milk. Add salt if desired. Turn into a mold that has been rinsed in cold water, and chill. When firm, unmold and garnish with parsley. A tablespoonful of catsup or horseradish, or a dozen ripe olives, chopped, may be added.

SALMON OR TUNA FISH MOLD (6 servings)

(Illustrated on page 36)

1 envelope Knox Sparkling Gelatine

½ cup cold water
Yolks of two eggs
1 teaspoonful salt
1½ tablespoonfuls melted butter
½ cup milk
1½ tablespoonfuls mild vinegar or lemon juice
1 cup canned salmon, tuna fish or crabmeat
1 teaspoonful mustard
½ teaspoonful paprika

Mix egg yolks, slightly beaten with salt, mustard and paprika, then add butter, milk and vinegar. Cook over boiling water, stirring constantly, until mixture thickens. Pour cold water in bowl and sprinkle gelatine on top of water. Add salmon, separated into flakes. Turn into a mold that has been rinsed in cold water, chill and when firm, unmold on platter.

VARIATIONS

1. Fill a ring mold that has been rinsed in cold water, with fish mixture. When firm, unmold and fill center with Cucumber Sauce. Fold one-half cup cream until stiff, add one-half teaspoonful salt, a few grains pepper, and gradually two tablespoonfuls mild vinegar, then add one cucumber, pared, chopped and drained.

2. Pare large cucumbers or ripe tomatoes, remove center and fill with salmon mixture. Chill, cut in slices and serve on lettuce.

3. To salmon mixture add one-half cup stiffly beaten whipped cream or whipped evaporated milk, and turn into a mold that has been rinsed in cold water. When firm unmold and serve garnished with ripe olives and surrounded with sliced cucumbers.

MINT JELLY FOR COLD LAMB (6 servings)

4 envelopes Knox Sparkling Gelatine

½ cup cold water
1 cup sugar
½ teaspoonful salt
1 cup mild vinegar
1 cup fresh chopped mint leaves (fresh or dried)
½ teaspoonful paprika
Green coloring

Heat a syrup by boiling sugar and vinegar for five minutes. Pour cold water in bowl and sprinkle gelatine on top of water. Add to syrup and stir until dissolved. Add salt, paprika and color light green, then add mint leaves. Let stand five minutes, strain into molds that have been rinsed in cold water, and chill.

HINT: Mint extract may be used instead of leaves.

HORSERADISH SAUCE

2 envelopes Knox Sparkling Gelatine

½ cup cold water
2 tablespoonfuls lemon juice or mild vinegar
½ cup hot water
½ cup fresh or bottled horseradish, drained
½ cup cream or evaporated milk (whipped)
½ teaspoonful salt

Pour cold water in bowl and sprinkle gelatine on top of water. Add hot water and stir until dissolved. Then add lemon juice, salt, and cool. When mixture begins to thicken, fold in horseradish and whipped cream or whipped evaporated milk. Vary by adding chopped pickle or chopped parsley. Delicious served with boiled ham or fish.

PERFECTION SALAD

CARNIVAL SALAD

JEWEL SALAD

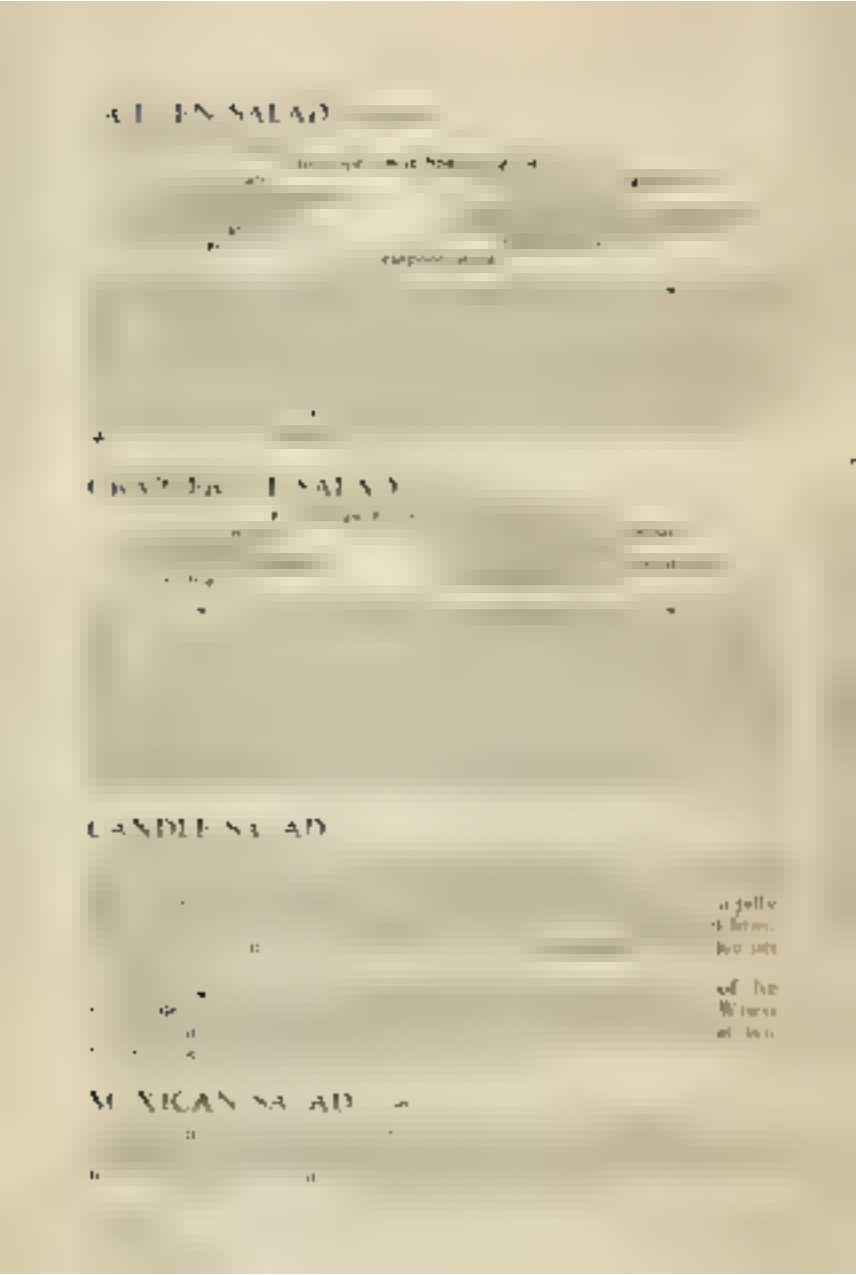
PLAIN AND FANCY SALADS

A FOUNDATION RECIPE FOR PLAIN AND FANCY SALADS AND DESSERTS

LUNCHEON SALAD

FRUIT SALAD SUPREME

BEET JELLY SALAD



Golden Salad

FRUIT [illegible]

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BEAM FRUIT CAKE FILLIN

MARSHMALLOW CREAM

ENCH FROSTING

WHIPPED CREAM

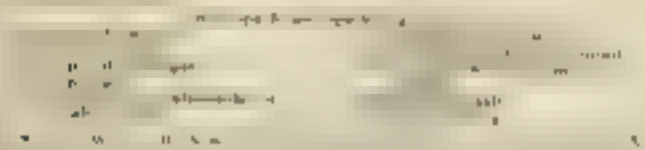
CONDENSED AND EVAPORATED MILK RECIPES

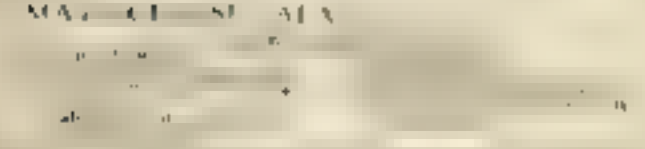
EVAPORATED MILK BLANC MANGE

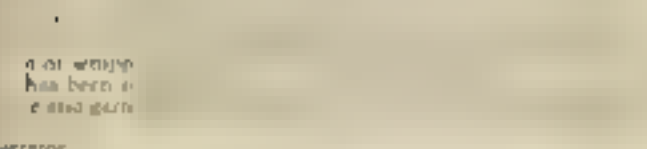
ORANGE COCOANUT BLANC MANGE

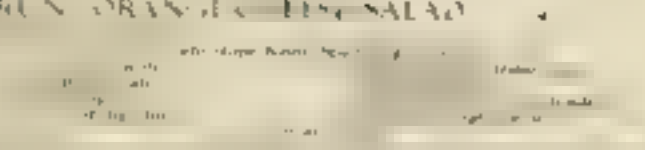
WHIPPED EVAPORATED MILK

SUNDAY NIGHT SUPPERS BRIDGE PARTIES







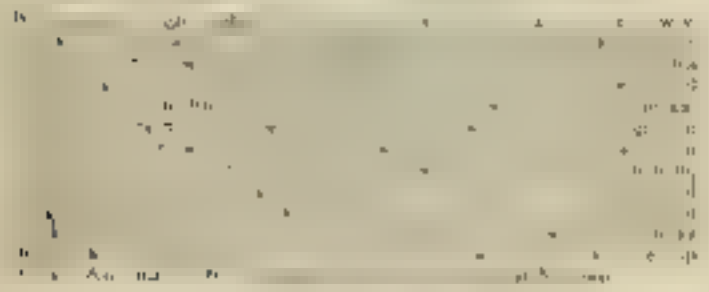


SALAD DESSERT

MIXED MACARONI SALAD

FILLED CAKES

CHICKEN MOUSSE



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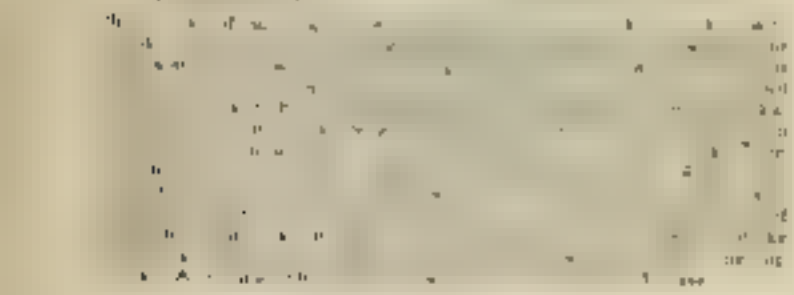
CHOCOLATE MARSHMALLOW CREAM

SALAD-DESSERT

MOLDED MACARONI SALAD

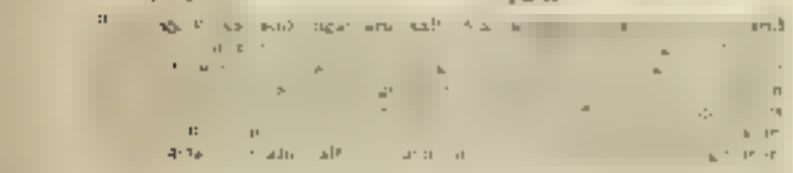
FILLED CAKES

CHICKEN MOUSSE



GRAPE JELLY SQUARES

CHOCOLATE MARSHMALLOW CREAM



RIC[illegible]

MAIL[illegible]

MAIL[illegible]

AIRCOT[illegible]

SUNDAY[illegible]

SPINACH SALAD

MIXED VEGETABLES (Perfection Salad)

[illegible]

BANANA BOATS

FLOWERS

CARROTS

DUCK POND

EGGS

MARSHMALLOWS

GOLDFISH

JELLY BOUQUETS

CAKE DECORATIONS

OTHER GELATINE DISHES FOR PARTIES

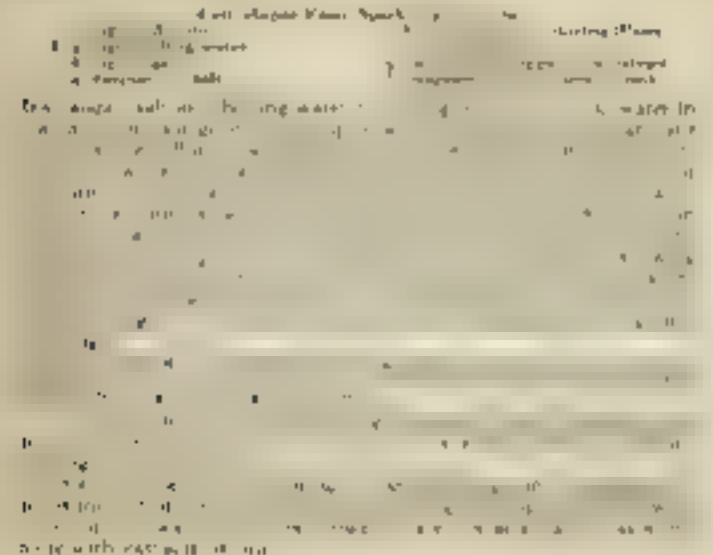
Page

Iceland Prunes with Cream

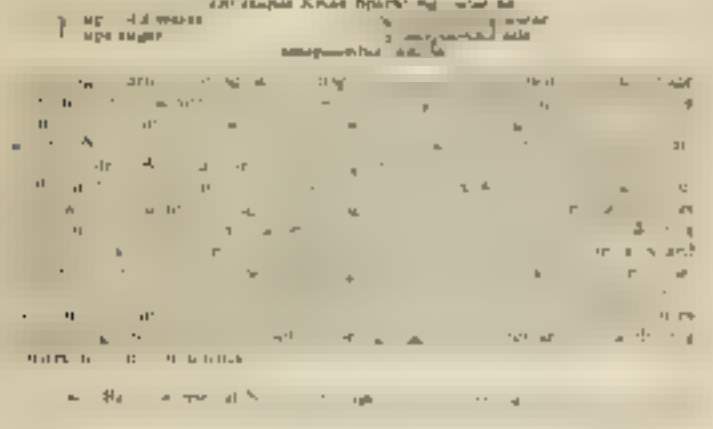
Pineapple Delight

Orange Custard

KNOX DAINTIES



MARSHMALLOWS



PERSIAN DANTIS

[illegible]

KNOX RAINBOW WATERS

PARSIAN MARSHMALLOWS

Grape Juice Souffle

Recipe Page 61

CREAMY FONDANT

1 envelope Knox Sparkling Gelatine
½ cup cold water
½ teaspoonful cream of tartar
1 cup granulated sugar
½ teaspoonful salt
1 teaspoonful peppermint or vanilla

Mix sugar and cream of tartar together, add one-half cup cold water and salt and boil until syrup is clear. Pour one-fourth cup cold water in bowl and sprinkle gelatine on top of water. Stir softened gelatine through hot syrup quickly and turn into pan to cool. Stir do not scrape pan. When partially cool, add flavoring and beat until creamy and stiff enough to form in centers. Place small pieces of confectioners' dipping chocolate over hot water until chocolate is melted. Remove, and drop centers one at a time into the chocolate and place on paraffin paper. If centers are not dropped in chocolate at once, place in covered dish to keep from hardening.

JELLIED CHICKEN BROTH (6 servings)

2 envelopes Knox Sparkling Gelatine
½ cup cold water
2 cups chicken broth
½ teaspoonful salt
½ teaspoonful celery salt
1 tablespoonful lemon juice
1 tablespoonful onion juice, if desired

Pour cold water in bowl and sprinkle gelatine on top of water. Add hot broth and stir until gelatine is dissolved. Add seasonings. Pour into bouillon cups that have been rinsed in cold water, and chill. This may be served hot if preferred.

SPINACH SALAD (6 servings)

2 envelopes Knox Sparkling Gelatine
½ cup cold water
½ cup hot water
½ cup cooked spinach, chopped or minced
1 tablespoonful lemon juice
½ teaspoonful salt
2 eggs, hard-cooked

Pour cold water in bowl and sprinkle gelatine on top of water. Add hot water and stir until dissolved. Add lemon juice, salt and spinach. Cool. Rinse mold in cold water and line with eggs cut in slices. Turn in the spinach mixture when it begins to thicken. Chill, and when firm, unmold.

ORANGE DELIGHT (6 servings)

2 envelopes Knox Sparkling Gelatine
½ cup cold water
½ cup hot water
½ cup sugar
½ cup orange juice
1 tablespoonful lemon juice
½ teaspoonful salt

Pour cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot water and stir until dissolved. Add fruit juices. Pour into mold that has been rinsed in cold water and chill. When firm, unmold.

ORANGE AND EGG (6 servings)

2 envelopes Knox Sparkling Gelatine
4 eggs
½ cup orange juice
½ teaspoonful salt
2 tablespoonfuls sugar
1 teaspoonful grated orange rind

Pour orange juice in bowl and sprinkle gelatine on top of orange juice. Place bowl over boiling water and stir until gelatine is dissolved. Add beaten egg yolks, orange rind, sugar and salt. Fold in stiffly beaten egg whites; continue the folding until it begins to stiffen. Pour into individual molds that have been rinsed in cold water and let it become firm. Do not put molds in too cold a place or the mixture will become too stiff and be less delicate in flavor. Any desired flavoring may be used in place of the orange rind.

APRICOT CREAM (6 servings)

1 envelope Knox Sparkling Gelatine

½ cup cold water
½ cup strained cooked apricots (unsweetened)
½ cup sugar
1 tablespoonful lemon juice
½ cup milk
½ cup cream
¼ teaspoonful salt

Pour cold water in bowl and sprinkle gelatine on top of water. Heat strained apricots and add gelatine, sugar and salt. Stir until gelatine is dissolved. Add lemon juice. Cool. Add milk and cream. Freeze to a mush.

JELLIED CUSTARD (6 servings)

1 envelope Knox Sparkling Gelatine

½ cup cold water
½ cup hot milk
2 tablespoonfuls sugar
2 eggs
¼ teaspoonful salt
Vanilla flavoring if desired
1 cup cold milk

Pour cold water in bowl and sprinkle gelatine on top of water. Add hot milk and stir until gelatine is dissolved. Add slightly beaten eggs, sugar and salt. Stir well. Add cold milk and flavoring. Pour into mold that has been rinsed in cold water and chill. When firm, unmold. When permissible, a chocolate sauce or a fruit sauce may be served with this custard.

GRAPE SPONGE (6 servings)

1 envelope Knox Sparkling Gelatine

½ cup cold water
½ cup hot water
¾ cup grape juice
Grated rind 1 lemon
1 tablespoonful lemon juice
1 tablespoonful sugar
¼ teaspoonful salt
2 egg whites

Pour cold water in bowl and sprinkle gelatine on top of water. Add sugar, salt and hot water and stir until dissolved. Add fruit juice and grated rind. Cool, and when mixture begins to stiffen, beat until frothy and fold in stiffly beaten egg whites. Turn into sherbet glasses or individual molds that have been rinsed in cold water. Chill, and when firm, unmold. Cream, either plain or whipped, may be served with this if desired.

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Copies of any of the following books will be gladly sent free upon request.

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KNOX DAINTIES

Desserts
Salads
Candies and
Frozen Dishes